



Dawg Tales Newsletter



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From the Helm

Salty Dawg Comes of Age

Departure for the Caribbean Rally is nearly here, and we have a record with over 125 boats heading south with us. SDSA is in better shape than ever before with increased membership and support from industry, along with the largest number of dedicated volunteers ever.

This year we are partnering with Hank Schmidt, and the *North Atlantic Rally for Cruisers*, adding a Newport start for the first time. While the bulk of boats are departing from Hampton, we have a number heading out from Newport as well. When I agreed to take on this role, I knew that I had big shoes to fill. Hank George, my predecessor, had a tremendous attention to detail and guided us through a time that was completely disrupted by the Covid pandemic that impacted every aspect of our lives.

Last year at this time it was very uncertain as to what arriving in Antigua or the Bahamas would be like, and I wasn't the only one wondering if moving from island to island was even going to be possible. Fortunately, things improved throughout the season and the 80+ boats that headed south with the rally had a great season. With most restrictions now lifted this season, cruising the islands should be pretty much back to normal. After living through several years of lockdown and travel restrictions, many have re-assessed their goals. It is clear that our members feel that "you are never any younger or healthier to get out and go cruising."

Salty Dawg is indeed coming of age in the spirit of our founders, Bill and Linda Knowles, who believed in "Sailors helping Sailors." I am proud to do my part with tremendous support from our volunteers. I cannot wait to be in Hampton to meet with everyone who'll be heading south with our Rally to the Caribbean.

Bob Osborn, SDSA President



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Cruising Articles

Cruising with Pets

By Shiera Brady, s/v Gémeaux

The first cat we had onboard lived in the closet for two weeks. The second was a rescue from The Bahamas, and her feet have never seen the ground. We left behind our beloved dog because it was too difficult to transport her by air to the boat, and hard as it was, we knew life on a boat would be too stressful for her. Our furry friends provide endless amounts of joy as crew members, but the decision to bring them onboard requires careful consideration, lots of planning and research, and many extra steps when traveling to other countries.

The most important part of ensuring a stress-free journey for your pet (and you) is to organize their records and ensure vaccinations are always current and will not expire during your voyage. Your pet must be microchipped and have a full veterinary examination with all vaccinations properly documented. This includes not just a receipt from the vet, but the actual negative test results and vaccine certificates (with the microchip number). We had the good fortune of securing a European Union pet passport (when traveling in Guadeloupe), which brilliantly documents all your pet health records in a single place.



Vet Check in Hampton

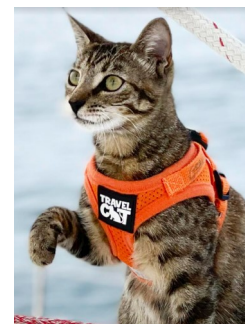
Rabies is the principal vaccine since many Caribbean countries are considered rabies free and want to remain that way. Some countries (e.g., Antigua) require not only a rabies vaccination but also a rabies titer test, which tests the level of rabies antibodies in your pet. Only two labs in the US perform titer tests (based on blood samples from your vet) and the process can take up to 30 days. Although not all countries currently require a titer test (e.g., Bahamas), we generally have one done so we have the flexibility of traveling to additional countries and aren't caught off-guard if a country changes its policy.

A pet import permit is standard. Some countries (e.g., Bahamas) offer a service to process the permit, which is inexpensive and eliminates a lot of hassle. (<https://www.bahamaspetpermit.com/>). Antigua requires pet information to be emailed prior to departure. Regardless of the specific policy, we always find establishing an email contact (prior to departure) with a local representative to be invaluable. As part of the permit, your pet must be examined immediately prior to departure to ensure they are healthy and that all records are correct. The SDSA arranged for a vet to inspect rally pets onsite at the Hampton marina, verify and/or update vaccinations, and administer parasite medication (mandatory in both Antigua and Bahamas). Although not required to use this specific vet, it was extremely convenient at a time when we had a lot of other pre-passage tasks.

Finally, some countries (e.g., Antigua) require a USDA Health Certificate, which a vet must submit with your pet's pre-departure exam. It generally takes a week to process so typically the physical certificate is not available prior to departure. When we traveled to Antigua, the SDSA vet emailed each rally boat a digital copy of the certificate to use upon arrival, and the SDSA arranged for someone that was flying to meet a boat to hand carry the physical certificates. After a long passage, your dog will want nothing more than that large piece of grass near the dock. However, some countries (e.g., Antigua) require your pet to stay onboard until you've cleared Customs, which often involves a vet inspection onboard to review (cont.)



Sunning on the Solar Panels



Contributing Sponsors

[North Sails Antigua](#)

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Pics!



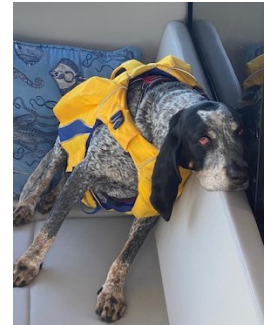
Cruising Articles cont.

all records and ensure your pet is healthy. You may incur a fee upon arrival.

Just when you've got the hang of the pet policies, you're ready to depart to another country. Interestingly, it's not always the country you're traveling **to** that has a new set of requirements, but also the country from which you're leaving. The Bahamas has no regulations for departing with your pet; other countries; however, require a vet inspection **prior** to departure. We've found the French islands typically are relaxed, while countries under former British rule (e.g., where you drive on the left) have a strict protocol, requiring lots of paperwork. Once again, check the rules well in advance of your travels.

Occasionally during our cruising, we left Gémeaux and returned to the US by plane, which generated a whole new set of pet considerations. We boarded our cat locally, as well as traveled with her under the seat on the airline. Each country (and each airline) has its own requirements, fees can be costly, and the stress on the animal is not inconsequential. Many of our cruising friends with dogs never travel by plane back to the US...at least not together. We find this one of the most difficult parts of traveling with a pet.

We love having a cat onboard, but it requires a lot of planning, and often limits what we can do. If you're considering sailing with your furry friend, research country pet policies and talk to other cruisers to get a complete picture about pet safety, potty training, and a host of other considerations to make it a successful journey.



Life Vests for Pets!

2022 Newport Departure for the Caribbean Rally!!!

For 2022, New England SDSA members now have an option of an organized departure from Newport, RI as an alternative to the traditional Hampton, VA start. Our Newport activities will be coordinated with the North Atlantic Rally for Cruisers, which has run successfully by Hank Schmitt since 2000. Participating SDSA boats will congregate with the NARC fleet in Newport during the last week of October and take part in SDSA/NARC activities beginning on Thursday, October 27 and continuing until a weather dependent departure date of Saturday, October 29. While organizationally the two rallies will remain separate entities, they will share docking facilities, meeting and party spaces and other in-Newport events. The SDSA/NARC combined rally will also offer the option of a short Bermuda stop which traditionally breaks the long passage into two shorter segments, and allows for reprovisioning, refueling, rest and crew changes.

The weather dependent schedule in Newport is as follows: October 26-27 Congregate in Newport Harbor. Options of anchoring, mooring, or slips at Newport Yachting Center at reduced rates for rally participants. Activities and rates tbd. Friday October 28: Weather Briefing – Skippers only - Seaman's Church Institute followed by Crew Dinner at Benjamin's – Everyone participating in the NARC and in the SDSA rallies is invited. Saturday October 29: Expected date of departure.

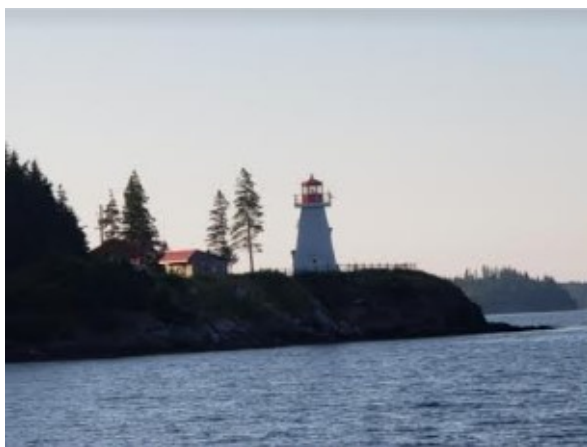
We recommend a stop in Bermuda, not to exceed 3 days, unless weather forces a longer stay. A great advantage of the 2022 Rally is that participants who declare in advance their desire for a Bermuda stopover will have their crew's Bermuda Head Tax waived. Here are some of the planned Bermuda activities: Friday Nov 4: Dark 'N' Stormies Club Happy hour and Pasta Dinner. Sat Nov 5: Goslings Rum Tasting and Happy Hour with food, followed by a special presentation by the Gombay Dancers. Sunday Nov 6 Club Fish Fry Dinner.

As with all SDSA passages, we recommend you consider your crew's level of confidence and experience and your boat's seaworthiness, so that a safe passage from New England is made possible. In addition, start dates are always weather-dependent, and extra patience and time may be needed.

If you think a Newport departure may be for you, visit the SDSA website for more information!



Salty Dawg Maritime Rally 2022!!!



Bras D'or Lakes, Cape Breton



WHAT'S YOUR MEDICAL PLAN???

By Bennett Kashdan

A New Look at Maritime Medical Training, Medical Kits, Medical Repatriation and Telemedicine Services for Cruisers

Having a well thought out plan for health care while cruising far from home should be on everyone's checklist. When on passage, Safety at Sea must be prioritized. But what if a medical emergency occurs? Do you have a plan for that? What training should you consider? What do you bring for equipment? Who is available for consultation when at sea?

In addition to all the contingencies while on passage far from medical services, you also need to decide how to handle medical care while abroad. This plan may be as simple as deciding to rely completely on local services, which in many cases is priced lower than the US alternatives. You may decide to carry no health insurance at all, and to find care and pay out of pocket for any contingency that arises. You may have explored the international benefits of your US based health insurance plan and be happy with them, or you may have decided to supplement with some kind of travel or international health insurance. Whatever you choose, be sure to understand all the details, since your expectations may not match what the fine print of any plan contains. There are many robust services that are designed to support your health and well-being as a blue water cruiser. This overview will look at four subcategories of service that may be of specific interest to Salty Dawgs, to family, and to crew—**Medical Training Programs for Mariners, Medical Kits, Medical Repatriation Services and Telemedicine services**. Even if you once investigated them, a second look in 2022 should be considered.

I. Marine Medicine and Emergency Training Programs:

Backcountry Medical Guides offers on-line and in-person training through their [Maritime Medical Guides](#) division. Their core curriculum is now offered as a convenient online course that can be accessed 24/7. Learn about traumatic, medical, and maritime emergencies, gain access to documents/ quick guides, and review insightful knowledge with the experts. The online course is included in their in-person First Aid/ CPR for Mariners, Advanced First Aid/ CPR for Mariner, and Maritime-Wilderness First Responder in-person sessions. Credit from the online class can be applied to in-person skills programs if applied within a year.

II. Marine Medical Kits:

There is a wide variety of pre-packaged emergency and first-aid kits available for purchase. One of the best is a new SDSA sponsor, [My Medic](#). Their first aid kits are stocked with the highest quality gear, convenient features, and specialty tools that can be lifesaving when faced with a medical emergency at sea. Prescriptions medications also must be considered, and there are several approaches. One is to visit your own physician or a travel clinic of a major medical system. A user-friendly and affordable alternative is offered at [Duration Health](#). Here you can obtain essential Rx medications, prescribed and packaged in advance by our doctors and shipped to you before you set sail. Every kit includes a mandatory one-on-one video visit with one of Duration Health's doctors. Also included is a printed Field Guide.

III. Repatriation Services

Repatriation insurance exists to get you home if you experience a significant medical event while away from home. **MedJet** ([medjetassist.com](#)) is one of the premier air medical transport membership programs for travelers. If you are hospitalized 150 miles or more from home, Medjet will arrange air medical transport all the way back to your hospital of choice in your home country — regardless of medical necessity. Many travel insurances and platinum card benefits programs will get you to the 'nearest acceptable facility.' Medjet gets you all the way home." There are a number of different Medjet plans to consider, based on the exact services you require and the length of continuous time you will be away before returning to the USA. Regardless of which is chosen, MedJet says that the advantage of their program is that "you" decide what is a medical necessity for transport home.



Boat Medic



Joining us for the
Caribbean Rally in Hampton?
Want to be a volunteer?

Contact

kathyk@saltydawgsailing.org





[JOIN THE FUN](#)

IV. Telemedicine Services Maritime Medical Access

(<https://www.gwdocs.com/specialties/emergency-medicine/maritime>). This is one of a number of “Telemedicine” services originally developed for the maritime industry and more recently repackaged to attract the offshore cruising community. In general, “Telemedicine” is defined as any form of two-way, real time interactive communication between a patient and a physician or practitioner at a distant site. You may be surprised to know that your current health plan may include some kind of telemedicine coverage, but it may not be in force during your travel outside the US. And while we all have some form of medical equipment available to us while at sea (ranging from a Band-Aid to a dedicated AED defibrillator), how many of us would benefit from having their own on-call health care provider with expertise in marine medicine to consult with? Also useful, MMA will provide recommended prescriptions for a medicine chest for individual yachts upon request for no additional charge, and will tailor each crew’s specific medical situation prior to departure. To learn about what MMA offers, go to the [MMA website](#). MMA can offer their coverage in two ways: 1) Your boat’s crew during a fall (Nov 1-15) or spring passage, or for the entire season (Nov 1- May 31) including both passages. To purchase one of these options, email Derek Andresen: dandresen@mfa.gwu.edu, with a cc to GWMMA@gwmaritime.com.

V. A Blended Approach: DAN Boater

DAN Boater (danboater.org) is a cost-effective solution for some of the travel emergencies that you may face when cruising. Many are already familiar with Divers Alert Network (DAN) as the premier dive safety association. And some may already participate as DAN members because they realize that their offerings are of service to the cruising community even when out of a wetsuit! But did you know that there is a DAN membership that is specific to the needs of the cruising community? DAN Boater has integrated a number of offerings that you may wish to consider. In particular, DAN Boater membership offers both repatriation when abroad and 24/7 access to Emergency Medical assistance, all at a great price point. DAN Boater membership also offers a wide assortment of other services that could be of use both while out of the country and during a passage.

Last words: We encourage everyone to visit the SDSA Sponsors pages of our website for discounts and promotions offered by each of our sponsors. And be sure to watch this [recent presentation](#) on these services.

Remember to read all terms and conditions, which are available at the websites for download or by request, and pay particular attention to any “Exclusions and Limitations” section, before you buy or join! This is especially important in the COVID era, as the worldwide pandemic situation evolves. Early in the pandemic these plans had strict limitations related to COVID, but some have more recently been relaxed. Refer to statements on COVID-related limitations, which are displayed on their websites.

You also may have noticed that omitted from this discussion are the so-called paid “Search and Rescue” services that are used by others who are involved in high-risk activities, such as the mountaineering community. However, remember we are already “subscribers” to two excellent and “free” services: The [US Coast Guard](#) and the [AMVER](#) system. To review what they provide, visit the websites and consider donating! And when you are beyond the reach of our US Coast Guard, keep in mind that your maritime emergency may be answered by the Coast Guard of another nation, no preregistration required!

Fair winds!
Bennett Kashdan, MD
s/v *Pratique*
bjkrad@msn.com

Statement by the Salty Dawg Sailing Association – This paper is provided for Informational purposes only. In our view these plans can offer benefits to sailors going offshore. The SDSA is not an agent for and is not endorsing this coverage or any of these providers. It is your decision as to what coverage, if any, you should have and the providers of that coverage.



Join the Salty Dawg Annapolis Rendezvous



John Kretschmer

If you are planning to be in the Annapolis area on October 13, join us for the 10th Annual Salty Dawg Annapolis Rendezvous Dinner Event, at the Annapolis Elks Lodge. John Kretschmer will be our featured speaker.

[Details and sign up here.](#)



The Tale End

Shoreside Coordinators Wanted!

During Every rally the SDSA has a team of volunteers who help out before and during the rally. We would like this team to include family and friends of the rally participants. If you have someone who is not able to join you for the passage, please have them consider joining the rally in a volunteer position.

This year we are particularly interested in Shoreside Coordinators. Typically, the Shoreside Coordinator (SSC) Team Leader selects a team of 4-6 people who take turns for a few days as the primary SSC. The primary SSC monitors the boats via PredictWind several times a day, responds to captain's issues/concerns by getting them in touch our experts as necessary, and issues a daily report to the rally committee.

The SSC team members do not need to be available the entire rally, only for the several days when they are acting as primary SSC. The primary SSC needs to have good internet, the patience to deal with lots of emails, and the ability to drop what they are doing to help coordinate responses to vessels having safety issues. We would like to have folks with a good understanding of passage making, whether they have made a passage or not. A Shoreside Coordinator procedure manual is updated annually to help the SSCs with their duties.

Please let your sailing family know we'd love to have them as volunteers! If you're interested and available, please contact Mindy Piuk at sailrockhopper@gmail.com.

Volunteers Needed at the United States Sailboat Show



If you are going to the United States Sailboat Show in Annapolis, consider volunteering for 2 or more hours at the Salty Dawg information booth. If you can volunteer, contact kathyk@saltydawgsailing.org.

Join the Salty Dawgs in Dominica!

Portsmouth Bay
March 12-19, 2023
In conjunction with
Yachtie Appreciation Week.
Sponsored by PAYS.

Hikes, River Tours, & Great Dinners!



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Nautical Notes!



Pipe down!

Since the late 1600s, the boatswain has been using a pipe to send signals to the crew. The last one of the day means time to go below decks and settle in to bed.



Dreaming of dry land!



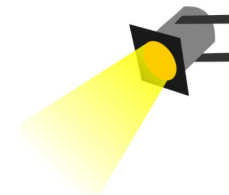
Visit the [SDSA Ships Store](#) for all your SDSA gear!



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Salty Dawg Volunteer Spotlight

Michael Benjamin



Home Port: Brookline, Massachusetts

Boat: building a Hylas 57

Volunteer Years: 3

Interests: sailing, snowboarding, and hiking

How do you volunteer with the Dawgs?

In past years I had volunteered to help in Hampton for the Caribbean Rally, including driving the van and in the Dawg House. I am currently the Events Manager, which I've been doing all year, culminating with the upcoming Annapolis show and Rendezvous.

I volunteered to help the Salty Dawgs because I felt a need to give back. In 2017, the SDSA was there for me for my first extended ocean passage. The education and friendships Ronna and I made on that rally were the launching point for full time live aboard cruising, many additional passages, and amazing experiences. Some of the friends Ronna and I met on that first rally are our closest friends today. It is my pleasure to help others share the same experience.

Our Sponsor Highlights

New SDSA Sponsor!!!



Citimarine

Top marine brands, low prices.

Knowledgeable staff and free US shipping on orders over \$99!



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Thank You for Your Participation!



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